1:Sanders Z-5,N (1952-1959) 1962 EH1 Greece EH1

82 787 the people's attitudes. One must not venture under trees when there is lightning or go to sleep during the day under a walnut tree with its thick foliage (in Central and Southern Greece) or under a fig tree (farther south). A young woman from the Peloponnesos explained that Christ was sitting under a fig tree when he was taken, thus accounting, in her mind at [777] least, for this taboo. As we shall soon see, the idea of fate, destiny, or necessity is strong today, as it was in classical Greece. Natural phenomena are important in helping one learn what is to come or in helping to ward off some impending evil or difficulty.

824 [787] Plants to some extent aid in knowing what lies ahead. However, most of the blossoms, fragile and fragrant, appear for such a short period in the spring that they are enjoyed primarily for their beauty. Fruit trees in bloom are looked upon as a glorious miracle of color, and one is urged to go out of the way just to see a particularly beautiful tree, especially an almond tree in January. But there are some plants that are appreciated for more than their beauty.

824 777 539 In many parts of Greece belief in the good luck brought by a four-leafed clover is strong. No bullet can affect it, as shown by the following folk story:

> Once there was a man who had a silver tobacco case on which he had stuck a four-leafed clover. They put it up as a target and shot bullet after bullet but could not hit it. Afterwards they took away the clover and the case was easily pierced.

824 [844] If a peasant from Northern Greece comes upon a form of the peony known as "The Holy Virgin's Hand" (*Tes Panagias to cheri*), he may remember that sprigs of it are thrown into the jug from which the water is poured for a woman in travail.[5] The name just as much as the properties of the herb is supposed to relieve the pains of labor. After the birth, the [789] midwife is apt to hang cloves of garlic on the mother and the baby to ward off the Evil Eye. Garlic is so powerful against evil that, when one fears [754] that an envious person will cast a spell upon the animal or baby or any other object of envy, one should say *skortha sta matia sou* (garlic in your eyes).

[538] Anemones, hyacinths, basil, and thyme,[6] as well as the olive tree, the laurel, or the cypress, have stories associated with them which the old 82 people tell to the children. Thus, nature seems intimate since so much of its handiwork carries deep and traditional meaning for the villager.

825 787 Animals have an even more special meaning. Both the occasional wild animal and the domestic animals reveal what to expect in the way of catastrophe or changing weather. For example, a man plowing in Central Greece may see a horsefly rest on someone and read into that simple occurrence the coming of a guest. If a person from the island of Spetsai catches a

1:Sanders Z-5,f (1952-1959) 1962 EH1 Greece EH1

844 difficult. More and more, expectant mothers are going to the provincial [178] hospitals, but even there a family atmosphere seems to reign because family [743] members are welcome in the patient's room. In rural Greece, as elsewhere, there are many measures which can be taken supposedly to ease the agony [755] of childbirth. They vary from the practice in the village of Derikovo in Central Greece, where some of the women advise the one in labor to drink a glass of water into which the tail of her eldest brother's coat has been dipped, to the practice in Southern Greece of drinking water from a glass where a budding flower was placed to the accompaniment of the reading of gospel passages. When the flower has opened, the water will supposedly ease the labor pains.

846 The Greeks have a special word for the mother of a newborn infant — *lecho* — and give her solicitous treatment. The husband may insist that she observe the traditional eight days of staying in bed, although if there is much work to be done around the farm, she may in turn insist upon resuming various tasks as soon as she feels able. The other women of the household, or the neighbors, see to it that she observes many of the customs surrounding her activities and the care of the newborn infant. At night the [776] child's clothes cannot be left outside, for it is believed that evil spirits will soil them. Throughout most of Greece the child's nails and hair are not cut [856] before it is forty days old, when the clippings must be put in an envelope and preserved. In Aetolia anyone coming into the house must not go directly to see the lecho. He must sit for some time in another room and then [777] enter her room; otherwise he brings her bad luck. Some families also insist that before a visitor enters the house, a burning charcoal be thrown on the doorstep for the newcomer to step over. In Artotina one is not supposed to enter the room of the mother in the afternoon or evening, although this taboo covers only the time after sunset in many other parts of Greece. Everywhere in rural Greece one encounters these customs surrounding the mother in the postnatal period and prohibitions which seek to forestall the visitation of any misfortune upon the infant.

844 In some parts of Central Greece as soon as a woman has given birth, she 788 must "take the blessing." Someone from the house takes a jug of fresh water to the priest, who "reads" to the water, which is then taken back to the lecho. She takes the blessing (water) and washes herself, after which all the people who were present in the house at the time of the birth also take the blessing.

851 As long as the child remains unbaptized, it is thought to grow more 856 quickly and is not subject to the Evil Eye because it still belongs to the bad spirits. However, as one informant stated, "The parents are afraid and want ● 754 to baptize the child as quickly as possible so that they can put it on the path [778] of God. As long as it is unbaptized, it is not allowed to wear the cross or have a little icon."[3]

1:Sanders Z-5,4 (1952-1959) 1962 EH1 Greece EH1

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To cure terrific abdominal pains, or "twisting the navel":

The constant pains and vomiting are said to be due to the untwisting of the navel. If the patient is to recover, his navel must be retwisted. Only a few people know how to do this. The one effecting the cure presses the navel with the index finger of his right hand, holds it firmly and starts walking around the patient. As he turns around he halts — at the head, at the feet, and at each side. He goes around like this seven or eight times and the patient recovers. (Aetolia and Arcadia)

Only special women can do this. The one who helps puts a rag around her finger, twists the navel several times until she feels it catch. Then she withdraws her finger and puts a compress on the navel: This compress is composed of blue paper into which some incense melted in *mastica* has been placed. (Spetsai)

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Even though some of these practices are restricted to particular regions of Greece, and are carried out by only a few people in a given village, they do constitute a folk approach to healing. But there is one important belief, general throughout Greece, which is associated with illness: the Evil Eye. In one family, in a village near the town of Thebes, some of the members wore amulets which the priest had blessed and into which communion bread had been sewed. Elsewhere in Greece I saw amulets containing splinters of holy wood or earth from Jerusalem, worn around the neck. The women in explaining the Evil Eye said that one cannot always tell who casts the Evil Eye, but that there are some people in the village suspected of doing this and that they are to be avoided or else watched carefully.

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If a child is believed to be under the spell (that is, shivers and does not feel well), the person suspected can be brought before the child and asked to spit three times to get rid of the curse, or the child can be taken to the priest who reads a blessing. Perhaps the cure thought most efficacious is a secret formula which an older woman passes on to a younger one with the instructions that it is never to be improperly revealed. Not all village women know the formula but only those who have been particularly selected by the wise women, or an older relative, for this purpose. In this village home, the women after much whispered discussion, decided details of the formula would do no harm since we were outsiders and would be leaving soon. Here are the basic elements:

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Christ and the Virgin Mary
Passed through a crossroad;
They spread their golden apron
And ate. Crumbs fell on the apron.
They took those crumbs
And tossed them into the sea.
The sea waters were stirred up
And man was cured.

1:Sanders Z-5,4 (1952-1959) 1962 EH1 Greece EH1

755 But again we asked, "How can you be sure that the Evil Eye is the cause of the trouble?" "One can be sure," we were told, "if you take a pan of cold water to a high place, break an egg into it, and notice whether the egg cakes or not. If it does, the child has the Evil Eye but will get well. Or one can drop the coals from the wood of a thorn tree into the pan and, if the coals turn over, one knows that the evil will turn over and the boy will get well. We then sprinkle the water from this pan onto the child." This is one time when the incantation is surely used.

Chrysoula, a wise woman of Spetsai, gave me further information about the Evil Eye that was similar in essentials but differed in details. She said [753] that when her young granddaughter comes back from a walk and is restless and nervous, it is clear that an Evil Eye has been cast, in which case one must test to be sure. To do this, Chrysoula takes the *kanteli* (little oil lamp) from the household shrine and gets a glass of water. She picks up the child, makes the sign of the cross over her three times and then crosses the water three times. After that she dips her fingers into the kanteli and lets one, two, or three drops of oil fall into the glass of water. If the oil spreads or mixes with the water, the child has the Evil Eye; if the drops remain as oil drops and do not mix, then the child is not suffering from the spell. Should it be the Evil Eye, one crosses the child with the water on the lips or forehead and whispers words from the gospel or gives special prayers. [124] But unlike our informants in the village near Thebes, Chrysoula refused to tell us the text of the special prayer because she said she would lose her power; she did say, however, that if she were away from her village she could repeat it. Yet she was ready to fill in many other details.

● 754 To find out who cast the Evil Eye in a particular case, according to 755 Chrysoula, one gives cloves to three suspected persons with the request that each in turn toss them into the fire. The one whose cloves pop is the one who cast the Evil Eye. There is another way: one can drop three pieces of charcoal into a glass of water, and if any piece floats then the person represented by that piece of charcoal, whether present or not, is said to have cast the Evil Eye. The same procedure was commonly used in Aetolia.

[826] There are also other ways of knowing. People whose eyebrows meet together or those with green eyes can cast an Evil Eye. Even a mother, if she does not take proper precautions, can cast the spell on her own child. Chry- [751] soula told about a relation of hers who looked at her sleeping baby and [827] said, "my, what a nice baby you are!" and failed to spit on it as a guard against the Evil Eye. Four hours later the child spit up some froth and died. A person who learns that he has cast the Evil Eye, and this is often done quite unintentionally, can undo the spell by spitting three times on the neck of the person suffering if he spits without the sick person's knowledge.

869 The children of the home, whether supposed victims or not, cannot help
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1:Sanders Z-5/4 (1952-1959) 1962 EH1 Greece EH1

Eve and Epiphany (December 24–January 6). It is preceded by a week's fast, which formerly lasted forty days, ending on Christmas Eve. Throughout much of Greece it is traditional to kill a pig for Christmas, although in many villages of Thessaly people are satisfied with fowl. Indispensable is the *Christopsoma* (Bread of Christ), a large round loaf, with a cross formed of dough in the middle and with four chestnuts on each side and a fifth in the center. This is a leavened loaf but without any sugar, although in the cities it is so highly decorated with candied fruits that it resembles a sweet loaf. Special Christmas cakes as well as a number of other dishes are also prepared for the occasion.

Christmas Eve is a time for caroling, or the *kalenda*. The carols are about the birth of Christ, the joy that is spread all over the world, "so good master give us something so that we can enjoy with ease Christmas Day." In some parts of Greece adults as well as children go caroling. In addition to triangles which they play while singing, the children may carry little paper ships or houses and lighted lanterns. The carolers in the cities receive coins or sweets, but in the villages they are content with currants and nuts. They avoid homes that are in mourning, although earlier in the day many people have probably visited the cemeteries with offerings of food for the dead.

On Christmas Day itself the more devout go to the early communion service and then on to the home of the eldest relative (if he is very poor, then to the home of the richest relative). Here, in Thessaly at least, they drink *kokorozoumo*, a boullion made from boiled chicken, lamb, and beef, to which a lemon flavoring has been added. In Macedonia, a traditional dish is *dolmades*, or stuffed pickled cabbage leaves prepared on Christmas Eve and allowed to simmer in a sauce pan on a low fire all night. The men in particular drink a great deal of liquor throughout the day and generally end up inebriated, partly because they have been to call on those named Christos or Christina and been duly treated. Christmas Day, though not a time for exchanging gifts, is a special occasion to be celebrated.

Yet throughout this whole twelve-day period many of the peasants reveal an unusual anxiety, for they believe that the Evil Eye is unusually active at this time. Windows and doors must be kept shut so that bad spirits will not bring in illnesses of any kind; furthermore, these spirits — called *kallikantzari* — are usually mischievous as well. They are supposed to be little men with goats' feet, enormous heads, and big ears; they are black, for they come down the chimney which must be kept closed. To be on the safe side, it is well to put a little sugar and a glass of water by the fireplace for them to eat and drink and thus be less inclined to do harm. Every village literally teems with stories about the kallikantzari at this time of year and details differ greatly as to their appearance and pranks. Their presence is

1:Sanders Z-5,4 (1952-1959) 1962 EH1 Greece EH1

in a handkerchief, thereby putting the priest under his control so he will do no harm. But, bad luck or not, the priest is indispensable. At numerous repasts celebrating a christening, a nameday, or some other important event, we had to wait what seemed an interminable length of time because the priest could not arrive any earlier. Without him, nothing could get under way. One serious student of Greek rural life said: "In Greece when a priest is missing, it is a great calamity, for the Greek is not used to praying by himself without a priest." [11] In earlier days when the belief in vampires was much more widespread than today, it was the priest, the minister of God, who alone had any power over them. He could calm the fears of the people.

The responsibility for the local parish does not fall entirely upon the priest, although the chief responsibility is his. There is a church board, consisting of three to five members, with the priest as president. The nominations for this board are submitted to the bishop by the priest, and the bishop designates them as official members of the board. One member of the board is the treasurer. When these local officials are asked just what their duties are, they usually include in their replies: to help the priest, to look after the finances, and to care for the church building. This board has as one of its chief duties the sale of the candles in the church vestibule and can use the proceeds of the sale for local church needs. In most communities it is considered a great honor to serve as a member of this board, although this position requires much work and frequently has more responsibility than the presidency of the local cooperative.

A recent development is the growth of the Sunday school, held after the regular morning service. Young boys, girls, and a few women are usually found in attendance, although young people up to the age of twenty are urged to attend. Throughout much of Greece the priest gives the instruction, although in Northern Greece we found many villages where the teacher had taken over this extra duty. Usually the same lesson is given to all age groups at the same time. It is customary in some places, such as the Attic villages we visited, for the school to be held on a weekday by the teacher, in which case it was not called Sunday school but "the preaching school."

The heart, however, of the Greek Orthodox Church — as of many other Christian bodies — is the Sunday-morning Mass. Anyone attending cannot help but notice the building itself, usually in the shape of a Greek cross, with the ends terminating in apses. Over the center there is a dome representing heaven. In front, the altar screen (*eikonostasion*), on which one finds the icons or pictures of various saints, separates the altar (*vema*), which no woman can enter, from the nave, where the worshippers congregate.[12] The priest moves back and forth between altar and nave in what seems a random manner to the uninitiated. As he turns to face the altar,

2:Friedl E-5 (1955-1959) 863 EH1 Greece EH1
Vasilika

committed humanists and assume that once these traits are developed each man will have the strength to face life and its *vasana* (trials and pains). Since they believe that children, by virtue of being human, have these traits inherently, the family's obligation lies in developing the traits to the point where the child, when he becomes an adult, can fend for himself. But until he is capable of independence in this regard he is especially vulnerable, and he is both subjected to the strains which parallel those he will have as an adult and also bolstered by the protective sheltering devices which supplement his own gradually developing abilities.

The process of caring for infants even during the first four months of their lives furnishes illustrations. Vasilika's infants are dressed in diapers and shirts and are than wrapped, with their legs straightened and their arms held down at their side, first in several blankets and then in swaddling bands. The result is a firm but not tight enclosure of the entire baby except for his neck and his head. Mothers explain that the swaddling is meant for the physical protection of the infant against cold and against objects which might hurt him. They also explain that only by restraint of the infant's random movements will he be able to grow straight legs and back.

But when one watches a mother wrap her infant and sees her make the sign of the cross three times with her fist over the baby before putting the swaddling bands on, and when one sees her make a spitting gesture three times toward the infant before placing on the swaddling band itself the blue bead that is supposed to protect against the evil eye, it becomes clear that the process of wrapping an infant is meant to provide a spiritually protective enclosure too.

Babies' helplessness makes them especially penetrable to the evil forces of human envy and under these circumstances external spiritual or even magical forces are believed to be necessary. Children up to adolescence are considered vulnerable, as we have seen, and this is expressed, among other ways, in the encouragement they get to participate in the formal religion of the village. They are brought to some church services as infants (except that both mother and infant are secluded at home and are specifically prohibited from entering the church for the first forty days after birth) and by the time they are three years old, children can stand quietly near an older member of their family through the entire two-hour Sunday liturgy. Parents encourage their children to join the young girls of the village in the Good Friday and Easter preparations as part of an expressed expectation that it will be good for their health. Fractious or complaining children, even when not ill, are thought to be suffering from the effects of the evil eye and may be taken to the priest for a special individual blessing to help dispel the influence.

As we have seen in connection with the blessing of a new house and its permanent sacred corner, God's protection and man's pleas for His grace continue as an accepted part of the life of the adults of the village. Here we may add briefly that this remains true even though adult men attend church services less frequently than women and ritual abstinences during Lent and similar formal requirements of the Greek Orthodox Church are not rigidly or systematically ad-

/66 cont./
are so affected by the circulating stories that they send their patients to /67/ the Saints as their last resort.

Crosses and certain signs are carried by strong believers. The evil eye is strongly believed in and special written prayers wrapped up in waterproof cloth hang around their necks.

Cleanliness is an asset of the Caucasians and they take weekly baths and change their clothes. The Thracians, who live more the primitive type of life, never bathe their bodies but only their heads. They still believe that the holy oil which the priest put on them at their baptism is on their body and bathing may wash it away. The influence of this belief is less among the younger generation and in the near future it may disappear. One would naturally expect more disease and sickness among the filthy Thracians, but just the opposite is proved by the figures of a survey. These people do not cooperate so strongly with the doctor and the nurse and still they have the healthiest children, the least disease and the lowest death rate. The diet of the Thracians is poorer than that of the Caucasians. They seldom cook and eat mostly raw vegetables, poorly-baked whole wheat bread, but more /68/ dairy products, such as cheese, milk, and sour milk (gioghourt).

Their clothing is made out of wool. Men, women, and children, even in the hot summers, wear woolen clothes.

Washing the teeth is unknown among these people, except among those who have had a chance to go to high school or worked in cities. There was one dentist in the nearby city and the area and the city included had a population of 130,000. He could not make his living in this population and was planning to move to a larger city and visit the area once a week.

People often think it is a crazy idea to put tooth paste in the mouth and shine the teeth. Their diet of vegetables, and black whole wheat bread keeps the teeth shining and healthy. This does not mean that there are no people with bad teeth, but they are very scarce and the local experienced dentists do the job without reward.

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he grew straight and hard, and because he knows himself to be a Greek. A current book on child care warns parents not to take many toys to a sick child, not to clown for his amusement, lest this spoil him. Going to bed also is a sign of weakness except for recognized disease. A man cannot seek solace in bed for fatigue or indisposition, lest he appear to be giving in to a desire for pampering. Even to fall asleep is to give in; the term is "sleep caught me".

It is difficult to give this picture attractively, to show how there is warmth within this firmness, exuberance within the austerity, and within the discipline. Yet discipline is a positive, liberating, guiding element in the Greek personality: the simple life is a joy and is also freeing, since it creates few demands, few dependencies on the external. Self-discipline and self-control are not prohibiting; they are incentive. They are not the application of discipline to the self, but rather a way of behaving. There is nothing inconsistent with these traits when, in voting on an important issue by roll call, a member of parliament answers, "Five thousand times, yes", or when white pigeons are released in the House by the victorious party. This is appropriate exuberance, just as the fiery reaction to a violation of the *philotimo* is appropriate and within the channel of discipline. There is joy and dignity in hard work, not compulsiveness; there is joy in walking an hour and a half to and from the field twice a day over difficult ground. American visitors are taken for a walk by a young Greek village girl or even a child, and return exhausted. There is a revelling in sheer exertion, in sheer fortitude. There is nothing grim about it, neither is there boasting. Greeks may boast about their achievements, but not of their character, which they take for granted as Greek.

The organs of highest significance are the eyes. They are the seat of the person. With them, lovers and friends communicate, and they are the pre-eminent medium of enjoyment. Love comes through the eyes, and the eyes are mentioned the most frequently in the personal poems. "We have not seen you" means "We missed you."

In the folk songs, a beloved's eyes shoot arrows, strike with a poisoned sword, catch a man in a net, they burn the heart or break it into pieces; they lead astray, they bewitch, they destroy. Glances are rarely sweet, and never soft or gentle, in the love dystichs. Here eyes are always black, perhaps because one is apprehensive if they are blue, the colour of the evil eye. It is difficult to overestimate the joy of sheer vision. The folk songs are full of the beauty of flowers and meadows and streams, of the sea with its fleet of sailboats, of the blue of the sky. In villages and towns, the people go strolling after work is done, calling this not a promenade, but *syryani*, "enjoyable viewing." When a long-absent loved one is returning, people congratulate, saying: "Light for your eyes."

Next to the eyes come the lips, but, red and sweet though they be, they are primarily important because of the words which come out

2: Durham B-5 (ca. 1910)1928 EG1 Albania EG1
Greece EH1
Montenegrins EF5

1844–54, tells the tale and says the entire bratstvo was extinct. The fishermen on the lake had to pay the vladika yearly a barrel of fish for fishing rights. No barrel arrived. They were asked why, and wickedly replied that they had not been able to catch any fish. The vladika was patient. Still no fish arrived. The fishermen then explained: "There are now no fish in the lake." "No," said the vladika firmly, "*there are none and there will be none.*"

To everyone's horror the lake was fishless. The fishermen hurried to the vladika and prayed him to withdraw his curse. He kindly did so—and the fish reappeared.

This mighty prelate was canonized by the Montenegrin Church shortly after his death, and is the revered St. Petar Cetinski.

His curses, however, pale before that laid on the Greek statesman Venizelos in 1916. I give it to show what the Orthodox Church is capable of when roused, and the present belief in the curse in the Near East. Venizelos was denounced for having "betrayed the nation to the Anglo-French." "Therefore against the traitor Venizelos we have invoked the following injuries: the ulcers of Job, the whale of Jonah, the leprosy of Naaman, the bite of Death, the shuddering of the dying, the thunderbolt of Hell, and the malediction of God and man. We shall call for the same injuries upon those who, at the forthcoming elections, shall vote for the traitor Venizelos, and further pray for their hands to wither and for them to become deaf and blind. Amen."

Curse-pits were dug, and crowds, filing by, put their curses upon stones and hurled them into the pits.

True, the ecclesiastics who laid the curse got into trouble. But they had, in fact, but expressed—flamboyantly—the feelings of the people. Venizelos, having once fallen, has never returned to power. The peasant has little faith in elections—he has every reason to doubt their efficacy; but of the efficacy of a real good curse he has ample evidence.

In Albania a curse may lie for generations on a family and end it. I visited the house of a family group at Plani in Pulati. The curse was that the family should not multiply, and I was assured it was dying out. No one knew who had laid the curse and all attempts to remove it had failed. Eighteen persons were living crowded in its one room. In cases of this kind it is obvious that unwholesome surroundings, bad water, or inherited disease is the origin of the "curse." To those so "cursed," however, the thing is a mystery, and mysterious means are the only ones used to combat it.

All medicine begins as magic. The invention of the microscope has at last revealed many of the real "demons." But even in England there are still people who prefer quack remedies to scientific "demon"-slaying ones.